

Healthy Behaviour for Heart Disease & Diabetes

Language English

Melaka Seni had bypass surgery following a heart attack last year – exactly a year after her husband died from one – and survived the tsunami which devastated her neighbourhood in December 2004.

Despite these ordeals, she has been able to “get back on track”, she says, and to make positive changes to her life.



- Name: Menaka Seni
- Age: 60
- Country: India
- Diagnosis: Heart Disease and Diabetes

Shortly after her husband's death, Menaka started taking daily walks to the temple, but was still eating unhealthily at the time of her heart attack. “I may be one of the privileged who could seek the best medical treatment, but what really

matters from now on is how I behave," she argues. Menaka has been eating more fish, fruit and vegetables since the surgery.

Related to her heart disease and diabetes, Menaka is overweight and suffers from high blood pressure.

"Taking medication for my heart and diabetes helps but it takes more than that. You also need to change behaviour to lower your health risks" says Menaka.

Menaka recently turned 60 and is successfully managing both her diet and daily physical activity. The medical staff who took care of her while she was recovering in hospital played a key role in convincing her of the benefits of eating well and exercising regularly.

"Taking medication for #NCDs helps, but you also need to change behaviour to lower health risks."

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Panel Image Link: http://www.who.int/chp/chronic_disease_report/part1/en/index9.html

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